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Mental Health

What To Know

Your mental health matters. It affects how you think, feel, and act. Even small actions in your daily life can have a big impact on improving your mental health.

What is Mental Health?

Mental health includes your emotional, psychological, and social well-being. It affects your thinking, mood, and behavior in everyday life and is important for everyone. Taking care of your mental health helps you and those around you.

When to Seek Professional Help

If your mental health is interfering with your daily life, contact your primary care doctor or health plan. Virtual care options may be also be available. Our Care Team can help you with plan information and support.

If you have any questions or need any support, contact our Customer Care Team by calling the number on the back of your Member ID card.

How Can I Improve My Mental Health?

Taking time for self-care can help you manage stress, prevent illness, and boost your energy. Here are some helpful tips to get you started:

- → **Take care of your body and get moving.** Even small amounts of exercise add up.
- → **Eat healthy, regular meals, and stay hydrated.** This can improve your energy and focus.
- → **Make sleep a priority.**
- → **Take breaks to relax and unwind** through yoga, music, gardening, or new hobbies.
- → **Set goals and priorities.** Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- → **Practice gratitude**. Remind yourself of things you are grateful for and write them down.
- → **Stay connected.** Reach out to your loved ones and community.

If you or someone you know is in immediate distress or thinking of hurting themselves, call 911 or go to the nearest hospital. These guidelines are provided by the National Institute of Mental Health (NIMH) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Visit **accessrga.com** to log in to your RGA account or contact us by calling the Customer Care number on the back of your Member ID card.

Content Sourced from NIMH https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health/